

# CRES APPROVED COMMUNITY AGENCY PARTNERS

## Collaborative Relationships with External Services (CRES)

**Notice:** During the current Pandemic, referrals to the CRES partners listed below can continue to be made by YRDSB Psychology and Social Work, as well as directly by parents/ families/students (as applicable). Some of our partners are offering a limited range of services. Please contact these agencies directly to learn more about their current offering of service.

Partnerships with External Services providing mental health care and support to YRDSB students during the instructional day is coordinated and directed by [Policy and Procedure 663](#).

### Referrals for Group Counseling follow this process:

1. **Principal** Consults with School SW/Psych about need for group counseling
2. **School Social Work/ Psych** verifies the need/timing of the group
3. **School** identifies students

### Referrals for Individual Counseling follow this process:

1. **Principal** consults with SW/ Psych about the need for individual counseling
2. **School Social Work/Psych** agrees with the need to refer externally for individual counseling
3. **School Social Work/Psych** makes referral to external service (with appropriate consent) via existing pathways (e.g. consultation meeting, ISTM...)

Please contact *Hoshana Calliste*, [hoshana.calliste@yrdsb.ca](mailto:hoshana.calliste@yrdsb.ca), Assistant Coordinator of Mental Health or *Swetha Srikanthan*, [swetha.srikanthan@yrdsb.ca](mailto:swetha.srikanthan@yrdsb.ca), Assistant Coordinator of Mental Health with any questions.

**Agencies** (more information can be found by clicking on the agency link below)

- [360 Kids](#)
- [Addiction Services of York Region](#)
- [BridgeNorth Women's Mentorship & Advocacy Services](#)
- [CMHA \(Canadian Mental Health Association\) York Region and South Simcoe](#)
- [COSTI](#)
- [Doane House Hospice](#)
- [Evergreen Hospice](#)
- [Family Services of York Region](#)
- [Hong Fook](#)
- [Hope House Community Hospice](#)
- [Hospice Georgina](#)
- [Hospice Vaughan](#)
- [Jewish Family and Child Service \(JF&CS\)](#)
- [John Howard Society](#)
- [Kinark](#)
- [Markham Family Health Team](#)
- [TAIBU Community Health Centre](#)
- [Women's Support Network of York Region](#)
- [Yellow Brick House](#)
- [York Hills](#)

# Supports by Community Partner

- Services reflected in this chart are specific to the CRES partnership and offered during the **instructional day**. Organizations provide a wide range of services beyond what is reflected below such as employment services, housing services etc. Please visit each service provider website individually to learn more about the services offered.
- The chart below offers a quick overview of **targeted** services. **Please note many organizations offer culturally responsive/ identity affirming services beyond those highlighted in the chart below.** For example, students identifying as 2SLGTBQ or self identified Black students are not limited to referrals only to the highlighted service providers.

Agency Name	Age Group	Catchment Area	1 on1 Support/ counseling	Group Support	Culturally responsive/ identity specific supportive services	Bereave ment support	psycho-education	Settlement/ Newcomer/ Linguistic support	2SLGT BQS+	Shelter/ housing/ Transition planning	Addictions or substance use	Sexual Violence/ Human Trafficking
<a href="#">360 Kids</a>	Age 12-16	Multiple sites across York Region	YES				YES			YES		YES
<a href="#">Addiction Services of Central Ontario</a>	Age 12-24		YES				YES					
<a href="#">BridgeNorth Women's Mentorship &amp; Advocacy Services</a>	Age 12-18	Multiple sites across York Region	YES				YES					YES
<a href="#">CMHA (Canadian Mental Health Association) York Region and South Simcoe</a>	Age 12-25	Multiple sites across York Region and South Simcoe	YES	YES	YES		YES	YES				





Agency Name	Age Group	Catchment Area	1 on1 Support/ counseling	Group Support	Culturally responsive/ identity specific supportive services	Bereave ment support	psycho-education	Settlement/ Newcomer/ Linguistic support	2SLGT BQS+	Shelter/ housing/ Transition planning	Addictions or substance use	Sexual Violence/ Human Trafficking
<a href="#">Markham Family Health Team</a>	Grade 9-12	Multiple sites across York Region (current geographic boundaries are Bloomington Steeles/ Woodbine York/ Durham 30)		YES								
<a href="#">TAIBU Community Health Centre</a>	Grade 7-12	Multiple sites across York Region	YES	YES	YES		YES					
<a href="#">Women's Support Network of York Region</a>	Age 14+	Multiple sites across York Region		YES	YES		YES					
<a href="#">Yellow Brick House</a>	Age 4-18	Multiple sites across York Region	YES					YES				
<a href="#">York Hills</a>	Grade JK-12	Multiple sites	YES				YES					

Agency Name	Age Group	Catchment Area	1 on1 Support/ counseling	Group Support	Culturally responsive/ identity specific supportive services	Bereave ment support	psycho- education	Settlement/ Newcomer/ Linguistic support	2SLGT BQS+	Shelter/ housing/ Transition planning	Addictions or substance use	Sexual Violence/ Human Trafficking
		across York Region										

## **Agency Name:**

**360 Kids**

**Contact:** Randy Burke [randy.burke@360kids.ca](mailto:randy.burke@360kids.ca)

**Age Group:** 12 - 25

**Catchment area:** Multiple sites across York Region

## **Services Offered:**

### **Gang Prevention Intervention Program (LEGIT)**

Outreach to youth at risk or involved in gang activity. Presentations to youth, workshops, individual case management, conflict resolution and management, and engagement in 360 Kids existing wraparound support services and mentorship. Presentations for schools and staff are also available.

### **Aftercare Transitional Support Program (ATS)/Youth in Transition Program (YITW)**

To support youth in their successful transition out of the child welfare system into adulthood. Workers will help youth to develop their goals and will support youth to identify, access, and navigate the adult service systems relevant to their specific and individualized needs in order to pursue their goals.

## Agency Name:

### Addiction Services of Central Ontario

**Contact:** Gulati, Aditi [agulati@asyr.ca](mailto:agulati@asyr.ca)  
Susan McGrail [smcgrail@asyr.ca](mailto:smcgrail@asyr.ca)

**Age Group:** 12 - 24

**Catchment area:** Multiple sites across York Region

## Services Offered:

### Individual Counselling

ASYR services in Schools are focused on substance use related issues. The client may be a youth who is using substances, a youth who is concerned about another's substance use – e.g., a parent or friend. The counsellor will provide a holistic, integrated assessment and treatment care using a Bio-Psycho-Social Spiritual Model. The counsellor and the client will work collaboratively to create an individualized treatment care plan that considers the needs and wishes of the student (i.e. client-centered care). The counsellor will provide a safe and welcoming environment to explore potential goals that promote positive change and health in the students' lives. This can be provided in individual and/or group contexts. The counsellor will also explore community-based psycho-educational services related to the student and/or substance use concerns.

### Psycho-Education Presentations

Psycho-education presentations are designed to educate students about substance abuse, and related behaviours and consequences. This group presents structured, group-specific content which the counsellor will facilitate. The psychoeducational groups provide information designed—to instill self-awareness, identify community resources that can assist if there is a need. The major purpose of these presentations is to facilitate expansion of awareness about the behavioural, medical, and psychological consequences of substance abuse. Some of the content of the group presentation include: a definition of substance abuse and addiction, why we may use substances, drug categories, how addictions occur, the continuum of substance abuse and addiction, addictions as a coping mechanism. The presenter may also provide information on: gaming/gambling, signs of problematic gaming/gambling, problematic social media use, similarities of behavioural and substance abuse. The group's presenters will work actively to engage participants in the group discussion and prompt them to relate what they are learning.

NB: These roles are secondary, and will be conducted on a case-by-case basis in consideration of the counsellor's schedule and caseload.



## Agency Name:

### BridgeNorth Women's Mentorship & Advocacy Services

**Contact:** Cassandra Diamond [casandra@bridgenorth.org](mailto:casandra@bridgenorth.org)

**Catchment area:** Multiple sites across York Region

## Services Offered:

### **My Life My Choice (MLMC): Preventative-Based Peer Mentorship Programming for At-Risk Girls**

MLMC directly provides services to children/adolescents and addresses the following: Girls who have been identified as having been exploited, are currently being exploited, or are deemed high-risk for exploitation because of their past trauma and/or abuse histories combined with behaviours such as frequent running away, and potentially dangerous/exploitative relationships.

Trained and supervised Peer Mentors will assist youth with positive personal responsibility by attending important appointments such as school guidance counselling appointments, medical and dental appointments, helping them with schoolwork, providing informal tutoring, etc.

MLMC offers a unique continuum of services spanning youth service provider training, prevention groups for vulnerable adolescent girls, case consultation, and survivor mentoring to young victims of commercial sexual exploitation. MLMC aims to have a significant impact on a hard-to-reach population by employing survivors as group leaders, trainers, and mentors.

**Individual Counselling:** BridgeNorth individual counselling, provided on a special case-by-case basis for all female students involved in or are at risk of HT aged 12-18, normally as a result of the expert Human Trafficking assessment BridgeNorth provides.

**Group Counselling:** BridgeNorth will provide group trauma counselling, as may be necessary, when assessed for female students that require a deeper level of support to BridgeNorth's MLMC program. Group counselling is co lead by a registered clinician with a survivor of human trafficking.

Topics for discussion are guided through a highly focused trauma-informed process to develop strong psychological safety. Discussion topics include discussion myths and truths of human trafficking, breaking the silence on the taboos of sex trafficking, victimization, harm reduction, etc. Goals of the group counselling include building trust, creating enhanced self-understanding, growing one's self-care, improving decision-making, reducing harming behaviours including self-harming, etc.

## Agency Name:

**CMHA (Canadian Mental Health Association) York Region and South Simcoe**

**Contact:** Jun Maranan [jmaranan@cmha-yr.on.ca](mailto:jmaranan@cmha-yr.on.ca)  
Vanessa Newhook [vNewhook@cmha-yr.on.ca](mailto:vNewhook@cmha-yr.on.ca) (Newcomers Program Only)

**Age Group:** 12 - 25

**Catchment area:** Multiple sites across York Region and South Simcoe

## Services Offered:

### Choices

This program encourages youth between the ages of 12 to 17 to make informed and relevant decisions regarding drug and alcohol use and to promote positive choices in their lives. It provides a safe space for youth to learn refusal skills, positive coping strategies, and practice new skills in a non-judgmental environment. The program is offered in full classrooms, and weekly topics include: communication, decision-making, goal setting, alcohol, coping strategies/marijuana, relationships, prescription drugs, self respect, and taking risk/social media. Behaviour rehearsals, guest speakers, video clips, and interactive activities are used to illustrate weekly topics.

### Youth Wellness

This program aims to enhance the mental, emotional, and social well-being of young people and promote early intervention and suicide prevention. The staff of Youth Wellness help youth to increase their understanding of mental illness, demystify and destigmatize mental illness, and learn positive coping strategies. They facilitate groups (e.g., Mindfulness) and provide individual counselling to youth between 12-25 years of age.

### MOBYSS

This program is Ontario's first mobile walk-in clinic for youth aged 12-25 year. Clinics are provided across York Region and South Simcoe in schools, drop-ins, shelters, and community centers. MOBYSS is staffed with nurse practitioners, youth mental health workers, and peer support specialists and provides basic primary care, one-to-one mental health support, addictions and sexual health education, and linkages to other services in a safe, non-judgmental environment. Services are free and confidential.

### Newcomers' Health and Well-Being Program

This program is designed to provide supportive mental health and well-being services to newcomers, as well as to build the capacity of those who work directly with newcomers. Interventions include short-term counselling, time-limited psychotherapy, group, psychoeducation, workshops (focusing on stress management, grief and loss, and conflict resolution), and primary care. Evidence-based psychotherapeutic modalities are used.

- \* Individual Counselling/Psychotherapy available using a variety of trauma informed modalities.
- Groups available using a variety of trauma informed modalities. • Workshops (1.5 hour each)

## Agency Name:

**COSTI**

**Contact:** Lena DeNicola [Lena.DeNicola@costi.org](mailto:Lena.DeNicola@costi.org) (referrals to be sent to Lena)  
Josie DiZio [Josie.DiZio@costi.org](mailto:Josie.DiZio@costi.org)  
Vince Pietropaolo [Vince.Pietropaolo@costi.org](mailto:Vince.Pietropaolo@costi.org)

**Age Group:** 4 - 18

**Catchment area:** Richmond Hill for in school services. However open to all York Region students for those that can attend COSTI office locations.

## Services Offered:

### Refugee Mental Health Program

This program provides linguistically specific and culturally responsive mental health services to all government assisted refugees and privately sponsored refugees including screening to identify distress and need for counselling, crisis intervention and referral to allied health professionals. The program aims to strengthen the ability of individuals and families to cope with stress and distress due to traumatic experiences prior to or during the migration process.

## Agency Name:

### Doane House Hospice

**Contact:** Katherine Valkanas [kvalkanas@myhospice.ca](mailto:kvalkanas@myhospice.ca)

**Age Group:** 6 years and older

**Catchment area:** North Aurora, Newmarket, East Gwillimbury. Will also provide art therapy to areas serviced by other hospices that do not provide art therapy.

## Services Offered:

### You Are Not Alone

This program aims to introduce Art Therapy as a way for children and teens to express difficult thoughts and emotions associated with loss, whether as a result of bereavement or from a loved one's diagnosis. These times are often challenging for anyone, and Art Therapy can give a voice to children and teens who may not otherwise have the words to articulate how they're feeling. The program is suitable for children aged six years and older, and can be delivered in a group or classroom setting. One-to-one support is also available, and will be provided based on the YRDSB referral system.

The You Are Not Alone Program aims to provide a safe space for children and teens for self-expression that is free from judgement, as well as the opportunity to feel accepted and understood by their peers. In addition to aiding in self discovery, providing connection with the self and with others, encouraging the development of self-esteem, Art Therapy and the You Are Not Alone Program helps to reassure kids that they are able to cope with life's challenges.

## **Agency Name:**

### **Evergreen Hospice**

**Contact:** Lerryn Pitcher [lpitcher@evgcares.org](mailto:lpitcher@evgcares.org)

**Age Group:** Ages 4-18

**Catchment area:** Markham, Stouffville, Thornhill.

## **Services Offered:**

### **Anticipatory Grief**

Anticipatory grief is the feelings around an expected death. This program prepares the child for the upcoming death. It provides education about death and dying, normalizing the process. The child is also supported in preparing for the big changes that happen in their life with the death of a loved one, especially a parent. This is usually individual counselling.

### **Grief Counselling**

Grief counselling helps to normalize the grief process. A child can become so overwhelmed by the death of a loved one that their normal coping processes shut down. Grief counselling facilitates expression of emotion and thoughts about the death and the changes to their life which may include: feeling sad, anxious, angry, lonely, guilty, relieved, isolated, confused or numb. Those who are grieving often have trouble eating and sleeping well. They may have trouble concentrating and often feel lethargic. These challenges are addressed in counselling. Grief counselling is available in both individual and group format.

## Agency Name:

### Family Services of York Region

**Contact:** Mariana Benitez [mbenitez@fsyr.ca](mailto:mbenitez@fsyr.ca)  
Sudharshana Coomarasamy [scoomarasamy@fsyr.ca](mailto:scoomarasamy@fsyr.ca) (language based program only)  
Susan Warren [swarren@fsyr.ca](mailto:swarren@fsyr.ca) (Restorative Practice only)  
Ralph-Anthony Masciello [ralphanthony.masciello@yrdsb.ca](mailto:ralphanthony.masciello@yrdsb.ca) (Restorative Justice YRDSB liaison)

**Age Group:** All Grades

**Catchment area:** Multiple sites across York Region

## Services Offered:

### Restorative Justice and Conflict Mediation

Students in grades 6-8 are trained in their schools to be leaders in peer mediation utilizing the restorative practice approach. It is intended to develop a positive peer culture by empowering and engaging youth in programming that promotes and develops strong relationships between youth, their peers, teachers and where possible, their families and the wider community. School sites are referred to the program through the YRDSB liaison, Ralph-Anthony Masciello, Caring and Safe Schools Consultant.

### Language Specific Counselling Program

Professional counselling for individuals, couples and families through language specific, culturally sensitive counselling and outreach services. Available to students who need language support on specific occasions where the need is out of the scope of what the school board can provide, and it is deemed that translator/interpreter services would not be effective. Offered in multiple languages including: Mandarin, Cantonese, Farsi, Tamil, Hindi, Urdu, Punjabi, Spanish and Hebrew.

## Agency Name:

### Hong Fook

**Contact:** Roberta Wong [rwong@hongfook.ca](mailto:rwong@hongfook.ca)  
Wilson Ho [who@hongfook.ca](mailto:who@hongfook.ca) (staff referral to listed programs)

**Age Group:** Ages 11-18

**Catchment area:** Markham, Richmondhill

## Services Offered:

### Amazing Youth Workshop

A resiliency building workshop for grades 6-8 with an art-based approach to introduce coping skills and foster social connections. Delivered in English with Mandarin and Cantonese support.

### Mixed Media Drop-In (ART-EXPLO!)

Drop in program that invites youth to tap into their imaginative and play capacities in order to reconnect with their sense of self and wellbeing. The process of creative exploration and expression rises to the fore. Delivered in English with Mandarin and Cantonese support.

## Agency Name:

### Hope House Community Hospice

**Contact:** Suzie Quan [s.quan@hopehousehospice.com](mailto:s.quan@hopehousehospice.com)

**Age Group:** Grades 2-12

**Catchment area:** King, Aurora & Richmond Hill (Will support other areas in York Region if student's local community hospice is not able to.)

## Services Offered:

### Individual Counselling

Grief is one of the most painful human experiences. Making space to care for grief often requires guidance and support. Hope House will provide this support and assist children and teens in coping with the death or expected death of someone close to them. Services will be delivered 1:1 (individual) by Regulated Healthcare Professionals. Hope House will provide education, clarity and emotional support to students in need of anticipatory grief support (prior to death of loved one) and bereavement support (after the death of a loved one). A safe and non-judgmental space will be created in which students have the opportunity to ask questions, learn about illness and death and express emotions. Grieving children and youth will be provided with support through validation and normalization of their feelings, thoughts and experiences.



## Agency Name:

### Hospice Georgina

**Contact:** Laurie Knapp [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com)  
Shannon Beresford [ccc@hospicegeorgina.com](mailto:ccc@hospicegeorgina.com)

**Age Group:** Ages 4-18

**Catchment area:** Georgina, including Georgina Island and the Chippewas of Georgina Island

## Services Offered:

### One on One Support:

Anticipatory grief counseling and bereavement counseling that helps to provide an understanding of the concept of death and the dying process (how the body works and what happens when it stops working - age appropriate). This includes helping to prepare children/teens for death and a funeral. Hospice Georgina used practical tools and supports for those with learning disabilities, autism spectrum, and developmental delay.

### Group Support:

When there are multiple children within the school and after they have received individual support, students can be brought together monthly to provide peer support led by a trained professional facilitator. Peer support helps children/youth to recognize they are not alone in coping with loss and builds empathy and compassion to support each other. The group activities follow the H.U.G.S. (Helping Understand Grief) program. This is a six week structured program, each session is one hour and includes activities that relate to the theme, providing education for understanding bereavement and death, self discovery of emotions, normalization and progress over time.

## **Agency Name:**

**Hospice Vaughan**

**Contact:** Kendra Stewart [kendras@hospicevaughan.com](mailto:kendras@hospicevaughan.com)

**Age Group:** Ages 5-18

**Catchment area:** Multiple sites across York Region

## **Services Offered:**

### **HUGS - Helping Understand Grief Sessions**

A Canadian program designed to encourage children and youth to express themselves and work through the various emotions that accompany the grieving process. This program can be delivered on a one-to-one basis or in a group format. It is a 6 week program consisting of one hour sessions.

## Agency Name:

### Jewish Family and Child Service (JF&CS)

**Contact:** Sherry Rapuch [srapuch@jfandcs.com](mailto:srapuch@jfandcs.com) 416.638.7800 x6278  
Pamela James [pjames@jfandcs.com](mailto:pjames@jfandcs.com) (please direct referrals to Pamela)

**Age Group:** JK to grade 12

**Catchment area:** Multiple sites across York Region (current geographic boundaries are Steeles - Major Mackenzie/Keele - Bayview)

## Services Offered:

### Children, Adolescent and Family Counselling Team program

Available to all students (not exclusively those that identify as Jewish). This program augments the work being executed by school social work and psychology staff. Referrals will be initiated exclusively by social work and psychology staff where support is required to maximize services to students and families. These services can be counseling (individual, family, and group), in the school, workshops and presentations based on need and themes as identified by the school. Referrals are for concerns that include but are not limited to mental health, LGBTQ2S+, separation/divorce, grief/loss and domestic violence. Typical length of intervention is approximately 10 sessions.

## Agency Name:

**John Howard Society**

**Contact:** Alexandra Thomson [athomson@johnhowardregion.on.ca](mailto:athomson@johnhowardregion.on.ca) (905) 470- 0003 ext. 205

**Age Group:** Grades 7-12

**Catchment area:** Multiple sites across York Region

## Services Offered:

### Healthy Youth Preventative Education (HYPE) for LGBT2Q+

The HYPE program for LGBT2Q+ is an evidence-based program that helps build resiliency and promote well-being among LGBT2Q+ youth. This program will help youth affirm, validate, and celebrate sexual and gender diversity, cultivate caring and supportive community, and help youth develop skills for healthy relationships. The program will provide weekly, group based sessions for youth to discuss stressors that are unique to the LGBT2Q+ youth, including identity and expression invalidation, stigma, prejudice and discrimination, internalized oppression, safety, and macroaggressions. Sessions will be co facilitated and operate for approximately 75 minutes in length. However, this can be modified depending on the needs of the school and the youth. This program serves grade 7-12 in schools across York Region including Georgina, East Gwillimbury, Newmarket, Whitchurch-Stouffville, Aurora, Richmond Hill, King, Vaughan, and Markham. The program is available at no cost.

### Healthy Youth Preventative Education (HYPE)

The Healthy Youth Preventative Education (HYPE) Program is an evidence based program for youth to promote healthy relationships and positive mental health. HYPE provides weekly, group based sessions for youth to discuss issues affecting their daily lives. Session topics include choosing friendships and relationships, influences on relationships, impact of substance use and abuse, bullying, peer, and dating violence, unhealthy relationships, boundaries, communication styles, taking responsibility for emotions, mental health and wellbeing, etc. Sessions will be co-facilitated and operate for approximately 75 minutes in length. However, this can be modified depending on the needs of the school and the youth. This program serves grades 7-12 in schools across York Region including Georgina, East Gwillimbury, Newmarket, Whitchurch Stouffville, Aurora, Richmond Hill, King, Vaughan, and Markham. The program is available at no cost.

## Agency Name:

**Kinark**

**Contact:** Svitlana Sokolova [svitlana.sokolova@kinark.on.ca](mailto:svitlana.sokolova@kinark.on.ca)

Shona Casola [shona.casola@kinark.on.ca](mailto:shona.casola@kinark.on.ca)

**Age Group:** All Grades

**Catchment area:** Multiple sites across York Region

## Services Offered:

### Stop Now and Plan (SNAP)

The focus of SNAP is parent and child groups and family counselling interventions. A multi-systemic perspective guides a holistic wrap-around approach to working with children and families to support children to function optimally at home, in the community and at school. SNAP assists to improve support and lessens the complex stresses of daily family life. Childhood aggression places children at risk of school failure and early school withdrawal.

### Services for children up to age six

Often referred to as Zero to Six. At the request of the parent, Kinark staff provides a 90- minute classroom observation to understand the discrepancy in behaviour from home to school. A checklist is used to inform assessment and treatment planning.

### Counselling and therapy clients

For students and families that have sought the support of Kinark via non-school related means. Kinark counsellors can attend meetings at the school to assist in planning services for the child. This is at the request of the school social worker or psychology staff member if deemed helpful.

### COMPASS

“Community Partners with Schools”. Professional individual counseling and treatment available to students in all grades experiencing mental health challenges (diagnosis not required), with an emphasis on Tier 3 needs. COMPASS provides support to students and families that are having difficulties that affect their social emotional and behavioural wellbeing. Counsellors focus on the strengths that students have and set goals that will meet their individual needs. Support may be provided at school, at home (individual/family counselling), or in the community. Referrals are initiated by school social work and psychology staff.

## Agency Name:

### Markham Family Health Team

**Contact:** Lisa Ruddy [Lisa.Ruddy@markhamfht.com](mailto:Lisa.Ruddy@markhamfht.com)

**Age Group:** Grades 9-12

**Catchment area:** Multiple sites across York Region

(current geographic boundaries are Bloomington Steeles/ Woodbine York/ Durham 30)

## Services Offered:

### Mindfulness Without Borders

A 90 min group program delivered weekly x 8 weeks, to assist youth (Grades 9- 12) in reducing stress through the application of mindfulness techniques. Participants will learn mindfulness skills to help in developing resilience and strengthening their well-being.

### Unleashing the Best Me

A 90 min group program delivered weekly x 8 weeks, to assist youth (Grades 9-12) in reducing stress and boosting mood. Participants will learn strategies for improving motivation and boosting mood.

## Agency Name:

**TAIBU Community Health Centre**

**Contact:** Brittany Creighton [BCreighton@taibuchc.ca](mailto:BCreighton@taibuchc.ca)

**Age Group:** Grades 7-12

**Catchment area:** Multiple sites across York Region

## Services Offered:

Taibu offers health and mental health services to members of the Black Community. Services are delivered via intersectional, equity-based, and culturally affirming practices, which promote holistic wellness, health education and prevention. Taibu is providing the following services to YRDSB students who self-identify as Black.

**Individual Counselling:** Identity affirming therapeutic counselling services for self identified Black students. Referrals for individual counseling can be made via your school's Social Worker or psychology Services Professional.

### **Group workshops for students (after school):**

Inquiries regarding potential workshops can be addressed to: Brittany Creighton, Mental Health and Wrap Around Services TAIBU. [BCreighton@taibuchc.ca](mailto:BCreighton@taibuchc.ca)

## **Agency Name:**

### **Women's Support Network of York Region**

**Contact:** Shannon Seeraj [sseeraj@womenssupportnetwork.ca](mailto:sseeraj@womenssupportnetwork.ca)

**Age Group:** 14+

**Catchment area:** Multiple sites across York Region

## **Services Offered:**

### **Rapid Response Program**

This program is for youth aged 14 and over who have experienced or are at risk of experiencing sexual violence and/or sexual exploitation. Counsellors provide initial intake and up to 3 Rapid Response Counselling sessions with youth on site at schools in York Region.

Sessions are structured to support students in coping with how their experiences of sexual violence are causing challenges in the here and now. Once the youth has completed the 3 rapid response sessions the Counsellor will assess the students presenting issues and if required discuss the opportunity for individual counselling services.

### **Individual Counselling Program**

This program is for Individuals aged 14 and over who have experienced sexual violence and/or sexual exploitation. Youth must access WSN's Rapid Response Program to be eligible for the Individual Counselling Program. This program is up to 24 sessions or 6 months of individual counselling. Counselling sessions can be provided at WSN's office, on school site or in the community. Please note, counselling is based on the availability of WSN's counselling team and clients may be subject to a wait list. Individual Counselling is intended to support people who have experienced sexual violence and uses a tri-phasic therapeutic model to facilitate positive change.



## Agency Name:

**Yellow Brick House**

Contact: [childrenscounselling@yellowbrickhouse.org](mailto:childrenscounselling@yellowbrickhouse.org)

Age Group: Ages 4-18

Catchment area: Multiple sites across York Region

## Services Offered:

### Individual Children's Counselling

Short term one to one counselling with children who have been impacted by domestic abuse. Counselling addresses a variety of issues such as behavioral difficulties, low self-esteem, anger management problems, and feelings of isolation. Children learn how to deal with the separation (possible divorce) of their parents and are better able to understand these changes in their family structure. Work is done together with child and caregiver, assisting family in identifying and implementing plans to meet the needs of children and family as a whole.

## Agency Name:

### York Hills

**Contact:** Donna Lamanna [dlamanna@yorkhills.ca](mailto:dlamanna@yorkhills.ca)

**Age Group:** JK - grade 12

**Catchment area:** Multiple sites across York Region

## Services Offered:

### Be Cybersmart

This program is designed to teach students to be responsible cyber citizens. Students will learn strategies for smart responsible internet use. Students will learn to keep personal information private, learn to think before they click, develop strategies to get help if they are being bullied online or witness cyber bullying, and learn about assertive behaviors. This is a 6-week program intended for a full class, grades 6 and up. (Also offered in French.)

### Making a Difference

This program is designed to help students recognize the difference between everyday conflicts and true bullying behaviors, and will support students to develop a variety of assertive actions to help themselves respond to both types of situations. Through this program students will learn to make a positive difference, improve relationships and are encouraged to help prevent and repair the harm inflicted by people who bully. Each week different dynamics of bullying behaviors are explored. This is a 7-8 week program intended for a full class, grades 4 and up. (Also offered in French.)

### Taking Care of Me

This program is designed to help intermediate students recognize a range of feelings and understand how emotions can impact their actions. Students will learn to identify emotional triggers and acquire assertive ways to better communicate their needs when feeling anxious, overwhelmed and frustrated. Each week, self-regulation strategies will be taught so students can develop a repertoire of coping and communication skills for responding to stressful situations. This is a 6 week program intended for either a small group of students or a full class, grades 7 and up.

### Build Me Confident

This program is designed to help students identify times of stress and anxiety (i.e. tests, graduation, peer issues, etc.) and become better equipped with the necessary coping tools to work through these times. Students will build their own personal tool box to support their confidence. This is an 8 week program intended for a full class, grades 4 and up.

## **Taking Charge of Me**

This program is designed to help students improve their skills of self-regulation. Students will learn to recognize how emotions can impact their actions. Each week skills and strategies will be taught to help students self-regulate, and take charge of their thoughts, feelings and behaviours when presented with conflicts and feelings of anxiety, anger or frustration. This is a 6 week program intended for either a small group of students or a full class, grade 1 to grade 6.

## **COMPASS**

“Community Partners with Schools”. Professional individual counseling and treatment available to students in all grades experiencing mental health challenges (diagnosis not required), with an emphasis on Tier 3 needs. COMPASS provides support to students and families that are having difficulties that affect their social emotional and behavioural wellbeing. Counsellors focus on the strengths that students have and set goals that will meet their individual needs. Support may be provided at school, at home (individual/family counselling), or in the community. Referrals are initiated by school social work and psychology staff.